

NORTH BRANFORD BOARD OF EDUCATION

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Nutrition and Wellness

It is the policy of the North Branford Board of Education to promote the health and well-being of district students. In furtherance of this policy, the Board has created an Advisory Council on Wellness (“Advisory Council”) to review any available state or federal guidance on wellness issues and to assist in formulating recommendations for specific goals and guidelines aimed at promoting lifelong wellness practices among district students. This Advisory Council involves parents, students, representatives from the school food authority (i.e. any private company employed to provide food services), school administrators, the board of education, and members of the public and may also involve teachers of physical education, school health professionals and Supplemental Nutrition Assistance Program (“SNAP”) coordinators or educators. The Advisory Council will be involved in the implementation of the policy, the triennial assessment and periodic updating of the policy.

I. GOALS AND GUIDELINES

The Board, following consultation with the Advisory Council, adopts the following goals and guidelines in order to promote student wellness:

A. Nutrition Education and Promotion

- All schools will provide sequential nutrition education to foster life-long habits of healthy eating and wellness.
- Professional development and training opportunities regarding the integration of nutrition education within the content areas will be available to staff.
- Middle and high school health and physical education curricula will address nutrition education in all grade levels.
- Nutrition information will be offered throughout the schools in a variety of ways (parent newsletters, bulletin boards, news programming, PSAs, fairs, etc).
- Staff members in all buildings will be encouraged to integrate nutritional themes and the health benefits of good nutrition into existing lessons and units.
- Where applicable, staff will integrate nutrition and wellness education with technology (elementary websites, nutrition quests, and diet analysis programs).
- Schools will make ongoing efforts to promote wellness and nutrition education through health and wellness related school fairs or events.
- The district nutrition policy shall reinforce this education and help students practice skills in a supportive school environment.

B. Physical Activity and Other School-Based Activities

- The North Branford Public Schools shall provide physical activity and physical education aligned with the Connecticut Physical Education/Health and Wellness Frameworks that provides students with the knowledge and skills to develop a physically active lifestyle.
- Physical education classes and physical activity opportunities shall be available for all students.
- As recommended by the National Association of Sport and Physical Education (NASPE), school leaders of physical activity and physical education shall guide students through a process that will enable them to achieve and maintain a high level of personal fitness through the following:
 - Expose students to a wide variety of physical activities.
 - Teach physical skills to help maintain a lifetime of health and fitness.
 - Encourage students to self-assess their physical activity and set personal goals.
 - Focus student attention on personal best rather than product.
 - Physical education/health instructors shall serve as role models.
- It is recommended that students receive at least 100 minutes of physical activity each school week.
- Students at the elementary level will have the opportunity to participate in daily recess and physical activity totaling at least twenty minutes.
- The Board prohibits school employees from disciplining elementary school students by preventing them from participating in the entire time devoted to physical exercise during the regular school day.
- For all students, the Board prohibits school employees from disciplining students by requiring students to engage in physical activity as a form of discipline during the regular school day.
- During inclement weather, students will still be provided a physical activity or physical fitness recess period.
- The North Branford Public Schools will provide co-curricular physical activity programs, including intramural, club and interscholastic athletic programs, and students will continually be encouraged to participate in such programs.
- The integration of physical activity will be continually encouraged to be part of classroom lessons and experiences.

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- Offering staff wellness activities and professional development opportunities related to health and nutrition that inspire school staff to serve as role models and practice healthy eating, physical activity and other activities that support staff and wellness
- Sponsoring health fairs, TV-turnoff week, school-supported races, family wellness activities or family day activities that promote health and wellness
- Incorporating a school garden, Farm to School, Farm to Cafeteria or Chefs Move to Schools activities that promote healthy eating
- Sending school newsletters or dedicated parts of newsletters or school websites promoting healthy eating, healthy recipes and physical activity
- Encouraging and promoting the use of Let's Move and other healthy initiatives that promote physical activity and healthy eating
- Applying for the Healthier US School Challenge
- Completing and reporting the results of the School Health Index self-assessment process to assess the extent to which some or all components of the local school wellness policy are being implemented in schools
- Using the Centers for Disease Control School Health Guidelines to Promote Healthy Eating and Physical Activity
- Setting minimum physical education requirements including time, frequency and intensity
- Setting maximum teacher to student ratios for physical education classes
- Setting minimum requirements for recess, including amount of time and scheduling of recess time
- Requiring recess to be outdoors if possible
- Encouraging walking and biking to school through safe route programs
- Creating after school activity programs, student health council, and community/family programs that encourage healthy habits
- Scheduling school meals at appropriate times in appropriate settings
- Marketing healthy food in ways that increase its appeal
- Giving students and the community after-school access to school activity facilities]

C. Nutritional Guidelines for School Food

- The Food Service Coordinator and the associated programming will continue ongoing evaluation of food service choices, vending machine choices, portion size, and education in accordance with Connecticut PA 04-224.
- Vending machine offerings will include healthy food choices and will be evaluated regularly in consultation with the Food Service Director.
- Healthy food choices or non-food items will be used for learning incentives.
- It is recommended that healthy food choices or non-food activities will be used for classroom celebrations.
- All food used by teachers/staff for parties and celebrations should be chosen in collaboration with the building principal and should support the wellness guidelines.
- Organizations operating concessions at school functions will strive to include some healthy foods in their choices. It is recommended that these groups market healthy options at a lower profit margin to encourage student selection.
- All cafeterias and food service programs will seek ongoing feedback from their stakeholders (staff, students, parents) through surveys and suggestions boxes as a means of improvement.
- School nurses will collaborate with the food service program to ensure student health concerns are proactively addressed and adhered to (including allergies, Diabetes, etc.)
- The website address of current school menus
- Description of federal Child Nutrition Programs in which the district participates (e.g. Fresh Fruit and Vegetable Program, Summer Food Service Program, etc.)
- How participation in school meals programs will be promoted and how families are notified of the availability of Child Nutrition Programs and how to determine children's eligibility for such programs
- Timing and duration of school meals that consider evidence-based research to support healthy eating
- Eliminate the use of candy and other unhealthy foods as fund raisers
- Training and certification of food preparation and food service staff
- Information about the availability of free drinking water throughout the school day]

Lunchroom:

1. Students will have access to hand washing before eating lunch.
2. Schools will strive to provide an environment that is safe and comfortable in accordance with school PBIS (Positive Behaviors Interventions and Supports) expectations.
3. Schools will allow ample time (at least 20 minutes) and space for eating meals.
4. Schools will implement rules for safe behavior through PBIS expectations that are consistently enforced.
5. Appropriate supervision will be provided during lunch periods.
6. All school cafeterias will continue nutritional education efforts and recycling efforts.

Fundraising Activities:

1. All fund-raising activities will require building administrative approval.
2. Non-food items such as books, pencils, school supplies, gift cards, etc. will be considered instead of candy or unhealthy food items.

Family and Community Involvement:

1. Materials and information related to nutrition and physical activities will be made available to families through school websites, newsletters, InfoBoards, etc.
2. Families are encouraged to promote participation in the school meal program. If their children do not participate in the school meal program, families should provide their children with healthy snacks/meals.
3. Schools will make efforts to educate parents and the community regarding healthy food choices through websites, mailings, forums, fairs, InfoBoards, etc.
4. Students will be encouraged to participate in daily physical activity outside of school.
5. School staff members are encouraged to collaborate with outside agencies and community groups to provide opportunities for student projects related to nutrition and physical activity.

At a minimum, all reimbursable school meals (i.e. free and reduced lunches) shall meet the program requirements and nutritional standards established by the USDA regulations applicable to school meals.

D. Guidelines for the Marketing of Food on Campus

Food or beverage marketing on campus during school hours shall only be permitted of foods and beverages that may be sold on the school campus during the school day and that comply with competitive food standards. Food marketing includes oral, written or graphic statements made for the purpose of promoting the sale of a food or beverage, product made by the producer, manufacturer, seller or any other entity with a commercial interest in the product. Food marketing includes the marketing of food or beverages on the exterior of vending machines, through posters, menu boards, coolers, trash cans and other food service equipment, as well as cups used for beverage dispensing.

II. MEASURING THE IMPLEMENTATION OF WELLNESS POLICY

Pursuant to this policy, the Board shall designate at least one (1) individual to be responsible for the oversight of the school district's wellness program. This [these] individual[s] will be responsible for ensuring that the goals and guidelines relating to nutrition education, physical activity, school-based wellness activities and nutritional value of school-provided food and beverages are met, that there is compliance with the wellness policy, and that all school policies and school-based activities are consistent with the wellness policy.

A. Program Evaluation

At the district level the following procedures shall be used to evaluate the effectiveness of the wellness policy:

1. A district wellness committee shall be established for the purpose of implementing and monitoring a wellness policy, evaluating policy progress, serving as a resource, and for making recommendations for policy.
2. The membership of the committee shall include the Food Service Director, parent representation, administrative representation, physical education and/or health representation, Board of Education representation, and student representation.
3. The committee shall meet a minimum of once annually. Additional meetings may be scheduled as needed.
4. The policy shall be reviewed, at least annually, to determine if it meets current district needs, state and federal requirements, and promotes healthy eating and physical activity.

B. Triennial Assessment

At least every three years, the Board will measure and make available to the public an assessment on the implementation of the wellness policy. In this triennial assessment, the Board will indicate the extent to which schools are in compliance with the wellness policy and how the Board's wellness policy compares with model school wellness policies. In addition, the triennial assessment will provide a description of the progress made in attaining the goals of the wellness policy.

C. Informing and Updating the Public

In accordance with federal law and applicable regulations, the Board will inform and update the public (including parents, students and others in the community) about the content and implementation of its wellness policy as well as the results of the Triennial Assessment.

D. Recordkeeping

The Board of Education will retain records to document compliance with the local school wellness policy requirements. The Board shall retain the Wellness Policy, documentation demonstrating compliance with community involvement requirements, documentation of the triennial assessment and documentation to demonstrate compliance with public notification requirements.

LEGAL REFERENCES:

Connecticut General Statutes:

- § 10-215f Certification that food meets nutrition standards.
- § 10-221o Lunch periods. Recess.
- § 10-221p Boards to make available for purchase nutritious and low-fat foods.
- § 10-221q Sale of beverages.

Public Act 16-37, *An Act Concerning Connecticut's Farm to School Program*
Public Act 16-132, *An Act Establishing a Red Ribbon Pass Program*

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Federal Law:

Pub. L. 108-265, § 204, codified at 42 U.S.C. § 1751

Richard B. Russell National School Lunch Act § 9(f)(1) and § 17(a), codified at 42 U.S.C. § 1758(f)(1) and 42 U.S.C. § 1766, as amended by Pub. L. 111-296, § 204, *Healthy, Hunger-Free Kids Act of 2010*.

20 U.S.C. § 7118, as amended by Pub. L. 114-95, *Every Student Succeeds Act*

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